



Workouts at home with minimal equipment

15-minute Beginner Resistance Band workout: <https://www.youtube.com/watch?v=pV73fvNABlg>

Essential Bodyweight Exercises: <https://blog.myfitnesspal.com/10-essential-bodyweight-exercises/>

Yoga for Beginners: <https://www.youtube.com/watch?v=v7AYKMP6rOE>

20 minute Home Yoga: <https://www.youtube.com/user/yogawithadriene>

20-minute HIIT (High Intensity Interval Training): <https://www.youtube.com/watch?v=JoFOfZNhCI4>

# BODYWEIGHT WORKOUTS

## UPPER BODY



**Pull-Up**



**Push-Up**



**Tricep Dip**



**Push-Back**



**Side-to-Side Push-Up**

## CORE



**Crunch**



**Scissor Kick**



**Cross-Body Crunch**



**Reverse Crunch**



**Windshield Wiper**



**Lying Leg Lift**



**Side Plank**



**Plank**



**Leg Pull-In**



**Hanging Knee Raise**

## BACK



**Superman**



**Dolphin Kick**



**Bird Dog**



**Side-to-Side Pull-Up**



**Swimmer**

## LOWER BODY



**Squat**



**Fire Hydrant**



**Wall Squat**



**Glute Bridge**



**Skater Squat**



**Lunge**



**Single Leg Squat**



**Calf Raise**



**Donkey Kicks**



**Sumo Squat**

## TOTAL BODY



**Jumping Jacks**



**Mountain Climber**



**Box Jump**



**Burpee**



**Bear Crawl**



**Crab Walk**



**Crocodile Crawl**



**Army Crawl**



**Push-Up w/ Extension**